

# Ropecflex - IBEX Dual-Position Rope Pulling Machine

Ropecflex machines deliver the benefits of both isokinetic and aerobic exercise. Our rope-pulling machines are based on simple, time-proven principles of rope climbing while reducing the risk of this traditionally dangerous activity to nearly zero. Individuals of any age and athletic ability can benefit from our unique rope technology safely and comfortably.

Ropecflex machines are based on maintenance-free magnetic technology. Our continuously adjusting resistance mechanism causes the rope pulling difficulty to increase with the rope pulling speed. Our patent pending technology allows you to customise the workout to match your fitness goals. Initial tension can start as low as 4kg and go up to 45kg (on some models) for performance athletes or those who want to maximise resistance training.

Our rope pulling machines were designed with usability and flexibility in mind. All machines come with instructions and illustrations of multiple exercises to maximise workout efficiency. Our high quality ropes allow a comfortable grip, limiting friction and slipping during the exercise activity.

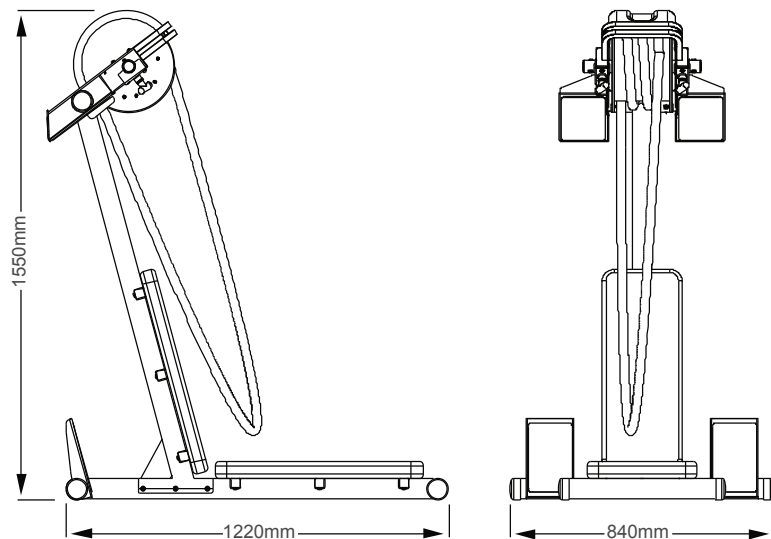
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## OVERVIEW

- Safe alternative to ceiling rope targeting strength and cardio development
- Durable, compact and light-weight design
- Soft-braided rope for easy and comfortable grip
- Cushioned, supportive seats and back support for various workout routines
- Pull resistance ranging from 4kg-45kg
- Available custom configurations for any specialised training or rehabilitation needs

# Ropeflex - IBEX Dual-Position Rope Pulling Machine



## Weight

- Pull Resistance  
**4kg-45kg**



- Item Weight  
**45Kg**

## Options



Standard  
Frame colour:  
**Silver**  
- Options  
available



Standard  
Upholstery colour:  
**Grey**  
- Options  
available

# Ropeflex - ORYX Vertical Rope Pulling Machine

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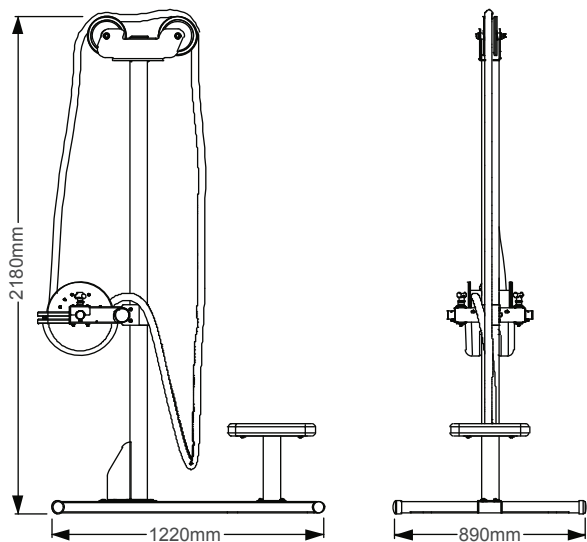
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# Roeflex - ORYX Vertical Rope Pulling Machine



## Weight

- Pull Resistance  
**4kg-45kg**



- Item Weight  
**64Kg**

## Options



Standard  
Frame colour:  
**Silver**  
- Options  
available



Standard  
Upholstery colour:  
**Grey**  
- Options  
available